

2026 NBMS HEALTH SUMMIT



Dr. Kwadwo Kyeremanteng

Dr. Kwadwo Kyeremanteng is a critical care and palliative care physician, researcher, entrepreneur, and thought leader on the front lines of Canada’s healthcare system. Having spent his career caring for the sickest of the sick patients, he’s on a mission to shift the conversation on healthcare from reactive to proactive. His work emphasizes the power of simple, sustainable habits to protect health and reduce burnout with his practical

keynotes on leadership, healthcare innovation, and health and wellness offering a rare blend of clinical wisdom, storytelling, and down-to-earth strategies that audiences can immediately apply.

As the founder of Prevention Over Prescription — a growing movement, podcast, and published book — Dr. Kyeremanteng is leading a revolution in how we think about health: one rooted in lifestyle, empowerment, and staying out of the ICU. He is the Department Head of Critical Care at The Ottawa Hospital and co-founder of Osler AI, a platform using AI to support clinician learning and well-being.

Dr. Kyeremanteng’s first book, *Unapologetic Leadership*, outlined a simple step-by-step framework empowering individuals to lead with courage, clarity, and core values. His second book, *Prevention Over Prescription*, is a simple, science-backed roadmap to staying out of the ICU and optimizing your health for the long run.

Whether on stage, online, or at the bedside, Dr. Kyeremanteng’s message is simple but profound: better health isn’t built in hospitals — it starts with you. As a keynote speaker, he explores themes like the future of medicine, authentic leadership, and the habits that create lasting health, and has spoken to a mix of healthcare professionals, corporate leaders, educators, and the public — always with a compelling mix of science, storytelling, and hope.

Prevention over Prescription: Use in Clinical Practice

Family physicians manage growing chronic disease complexity within tight clinical restraints. This session introduces the PRESS framework – Purpose, Restoration, Eating, Strength and Social connection as a practical, time-efficient tool that can be integrated into routine primary care visits.

Learning Objectives

By the end of this session, participants will be able to:

- Debate the impact of modifiable lifestyle factors on both patient outcomes and physician burnout.
- Implement practical, scalable wellness strategies within busy clinical environments.